

## Claims

- [c1] A method for decreasing cholesterol, low-density lipoprotein and triglyceride levels in blood under cholesterol-enriched and normal diet, which comprises administering to a mammal 24-epibrassinolide (EBI), a plant hormone of structural formula I belong to brassinosteroid series, in a daily dose of 0.03–200 micrograms per kilogram of body weight.
- [c2] A method for increasing high-density lipoprotein level in blood under cholesterol-enriched and normal diet, which comprises administering to a mammal 24-epibrassinolide I in a daily dose of 1–50 micrograms per kilogram of body weight.
- [c3] A method for increasing vitamin E and vitamin A levels in blood under cholesterol-enriched diet, which comprises administering to a mammal 24-epibrassinolide I in a daily dose of 1–50 micrograms per kilogram of body weight.
- [c4] The methods of claims 1–3 comprising administering of 24-epibrassinolide during 4–12 weeks.

- [c5] A pharmaceutical composition for the aims of the present invention comprising a therapeutically effective amount of 24-epibrassinolide.
- [c6] A food supplement for the aims of the present invention containing an effective amount of 24-epibrassinolide.
- [c7] The food supplement of claim 6 wherein said pharmaceutical or over-the-counter preparation is a tablet, capsule, powder, suspension, solution, or aqueous emulsion.
- [c8] The food supplement of claim 6 incorporated into a food material.